SAMS WEST- psyllium husk capsule SAM'S WEST INC

Fiber Capsules Psyllium Husk 400 Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Fiber Laxative

Uses

effective in treating occasional constipation and restoring regularity

Warnings

Choking

Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Allergy alert

This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

- a sudden change in bowel habits persisting for 2 weeks
- abdominal pain, nausea or vomiting

Stop use and ask a doctor if

- constipation lasts more than 7 days
- rectal bleeding occurs

These may be signs of a serious condition.

Keep out of reach of children

In case of overdose, get medical help or contact a Poison Control Center right away at 1-800-222-1222.

Directions

- Take this product with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning.
- Adults 12 years and older: 5 capsules with at least 8 oz. of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
- children 12 years and under: Ask a doctor
- Laxatives, including bulk fibers, may affect how well other medicines work. If you are taking a prescription medication by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.
- As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

Other information

- each capsule contains: potassium 5 mg
- capsules are sealed using a band around the middle
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber
- tamper evident: do not use if printed inner seal under cap is broken or missing

Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL - 400 Capsules

NDC **68196-119-40**

Member's Mark®

QUALITY GUARANTEED

Compare to the Metamucil $^{\$}$ MultiHealth Capsules $^{\$}$ active ingredient* 100% natural psyllium fiber

Fiber capsules

Fiber supplement laxative for regularity

- Helps maintain blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health^{††}
- Promotes digestive health**

400 CAPSULES

LABORATORY TESTED

QUALITY ASSURED

**THESE STAEMENTS HAVE NOT BEEN EVALUATED BY FOOD AND DRUG ADMINSTRATION, THIS PRODUCT IS NOT INTEDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE

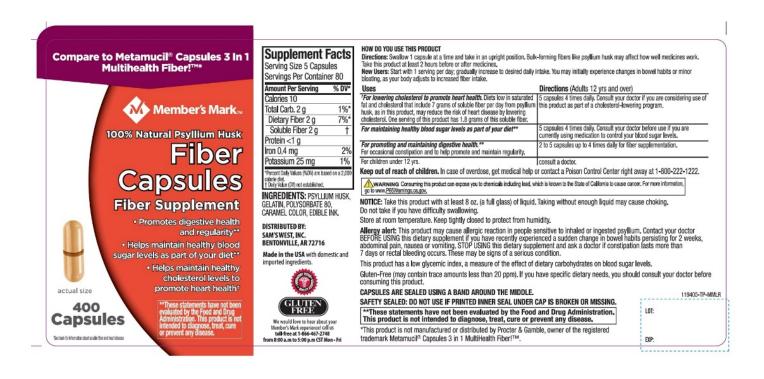
GLUTEN FREE (If you have specific dietary needs, you should dietary needs; you should consult your doctor before consuming this product. This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.)

DISTRIBUTED BY: SAM'S WEST, INC.

BENTONVILLE, AR 72716

For comments or suggestions, call us toll-free at 1-866-467-2748 from 8:00 a.m. to 5:00 p.m. CST Mon-Fri

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® Capsules.



psyllium husk capsule Product Information Product Type HUMAN OTC DRUG Item Code (Source) NDC:68196-119

^{††}See back for information about soluble fiber and heart disease

Route of Administration

ORAL

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Psyllium Husk (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	0.52 g

Inactive Ingredients			
Ingredient Name	Strength		
CARAMEL (UNII: T9D99G2B1R)			
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)			
POLYSORBATE 80 (UNII: 60ZP39ZG8H)			

Product Characteristics			
Color	BROWN	Score	no score
Shape	CAPSULE	Size	21mm
Flavor		Imprint Code	RP119
Contains			

l	P	Packaging				
	#	Item Code	Package Description	Marketing Start Date	Marketing End Date	
		NDC:68196-119- 40	400 in 1 BOTTLE; Type 0: Not a Combination Product	05/21/2019		

Marketing Information			
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/21/2019	

Labeler - SAM'S WEST INC (051957769)

Revised: 12/2024 SAM'S WEST INC